DOCUMENT RESUME

ED 317 533 SP 032 167

AUTHOR Orlick, Terry
TITLE In Pursuit of Excellence. How To Win in Sport and Life through Mental Training. Second Edition.
REPORT NO ISBN-0-88011-380-4
PUB DATE Feb 90
NOTE 193p.
AVAILABLE FROM Leisure Press, Dept. 513, Box 5076, Champaign, IL 61825-5076 ($12.95).
PUB TYPE Reports - Descriptive (141)

EDRS PRICE Document Not Available from EDRS.
DESCRIPTORS *Athletics; *Cognitive Development; *Competition; *Individual Development; *Self Actualization; Self Esteem; Self Evaluation (Individuals); *Skill Development

ABSTRACT

This book explains how to develop the positive outlook that turns "ordinary" competitors into winners whether they are on the playing field or off. With examples from real life, ways are pointed out to focus one's commitment, overcome obstacles to excellence, and achieve greater overall personal and professional satisfaction. Written by a former gymnastics champion and coach, the book includes examples of experiences with champion athletes and their coaches. Discussions are included on the concepts of concentration and mental imagery which are necessary to successful competition.(JD)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****